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## **ABSTRACT**

Methods are presented for modifying a physical property of a structure, such as reducing or relieving remaining internal stress, in which two or more energy types are concurrently applied to the structure to change the physical property of interest in an accelerated fashion. A first energy type, such as heat, is applied according to time values and operational settings derived from a first order rate relationship for the first energy type and from a first order rate relationship for a second energy type. The second energy type, such as vibration or other time-varying energy form, is applied concurrently for the time value. Methods are also provided for determining operational settings for concurrent application of multiple energy types to a structure.